

CAREGIVER CONNECTIONS

Our Caregiver Connections virtual group provides people caregiving for a loved one with cancer a safe space to connect with others. This group is led by masters level social workers who provide emotional and practical support.

THURSDAY, DECEMBER 15, 2022 • 10:00-11:30am (CST)

Sound Bath for Healing



Eden Carter

Health & Wellness Companion, Meditation Guide, Sound Healer

Eden is a breast cancer survivor with a focus on Health & Wellness Companionship, Meditation, and Sound Healing. She is an instructor with local non-profit Moving Beyond Cancer Collaborative and Cancer Rehab and Integrative Medicine. Incorporating self love, expression through art and utilizing holistic modalities has been a huge factor in her healing process. It was a huge revelation through these tough times, that she wasn't truly living her life to the fullest. She was not living her true authentic self. Not realizing it could be taken away from her at any moment. She found her passion in sound healing and meditation, in hopes it can help assist others in their healing process the way it has helped her.

WHAT IS SOUND HEALING

Sound healing works by sound waves moving throughout your body, which brings harmony through vibration. This can help restore your body's balance which in turn can assist in the healing process of the body and mind.

WHAT TO HAVE

During our virtual session we suggest to find a quiet and comfortable space. You can sit or lie down. You may want any of the following items to help with comfort: a mat/yoga mat, small pillow, warm blanket, towel to place under your knees for extra support, and water for hydration. It is best to have headphones to get the full effect of the sound healing. Videos can be turned off and we will ask for all to mute when the session begins.

Register for FREE today at
**[texasoncologyfoundation.org/programs/
support-groups](https://texasoncologyfoundation.org/programs/support-groups)**